

- » 6 oz small rotini pasta
- » 1 (14 1/2-oz) can stewed tomatoes, sliced
- » 1/2 (6-oz) can tomato paste
- » 1/4 cup red cooking wine
- » 1/2 tsp sugar
- » 1 tsp Italian seasoning
- » 1/2 tsp salt
- » 1/8 tsp pepper
- » Nonstick vegetable cooking spray
- » 1 tsp vegetable oil
- » 1/2 cup onion, chopped
- » 2 cloves garlic, minced
- » 2 cups chicken breast, cooked, diced
- » 1/4 cup pimiento-stuffed green olives, sliced
- » 1/2 (13 3/4-oz) can water-packed artichoke hearts, chopped
- » 4 tbsp low-fat sour cream
- » 1/2 cup (2 oz) shredded part-skim mozzarella cheese

## Nutritional Content

Per Serving

Calories	434 cal	Cholesterol	64mg
Protein	30g	Sodium	1148mg
Carbohydrate	42g	Calories from Fat	24%
Fat	12g	Fiber	5g
Saturated Fat	4g		

Cook pasta according to package directions, without salt or fat. Drain and set aside. Mix tomatoes, tomato paste, cooking wine, sugar, Italian seasoning, salt, and pepper in a bowl. Set aside. In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add the vegetable oil and cook the onion and garlic 2 to 3 minutes. Add the tomato mixture, cooked diced chicken, olives, artichoke hearts, and sour cream. Stir in cooked pasta. Spoon mixture into a casserole dish. Bake covered, at 375F for 30 minutes. Sprinkle with mozzarella cheese and bake uncovered for 5 more minutes. Serves 4.